

How to Properly Clean Your Food

Step-by Step Method for cleaning Foods:

Formula: Make the soak by adding 1 teaspoon of regular Clorox bleach to 1 gallon of water.

Separate your food to be cleaned into the following groups:

Vegetables:

Leafy vegetables

Root and heavy-fiber vegetables

Fruits:

Thin-skinned fruits, such as berries

Medium-skinned fruits, such as peaches and apricots

Thick-skinned fruits, such as apples

Citrus fruits and bananas

Eggs

Meat and Poultry

Make a fresh soak for each food group. Place the fruits, vegetables, or other foods into the soak. Refer to the timing chart as it is important.

| Timing Chart | Soak | Fresh |
|---------------------|------------------------|--------------|
| Leafy Vegetables | 10-15 minutes | 5-10 minutes |
| Root Vegetables | 15-30 minutes | 5-10 minutes |
| Thin skin Berries | 10-15 minutes | 5-10 minutes |
| Heavy skin Fruit | 15-30 minutes | 5-10 minutes |
| Eggs | 20-30 minutes | 5-10 minutes |
| Meats | 5-10 minutes per pound | |

Disclaimer: This information is provided for educational purposes only. It is not meant to diagnose, prescribe, treat, or cure any condition. If you think you have a medical issue, contact your primary care practitioner. My intention is to do no harm and to educate as I have for the past 30 years in both my clinical practice and with my family.